

1. Find θ in each equation. Answer in Degrees.

a. $y = \sin^{-1} \frac{3}{4}$
 0°

b. $y = \cos^{-1} 1$
 180°

c. $y = \arcsin \frac{1}{2}$
 45°

d. $y = \arcsin(-\sqrt{2})$
 135°

e. $y = \cos^{-1} 2$
 -30°

f. $y = \arcsin \frac{\sqrt{3}}{2}$
 60°

2. Find θ in each equation. Answer in Radians.

a. $y = \arcsin \pi = \frac{\pi}{2}$
 $-\frac{\pi}{2}$

b. $y = \cos^{-1} \frac{1}{2}$
 $\frac{2\pi}{3}$

c. $y = \arcsin 0$
 0

d. $y = \cos^{-1} \frac{1}{2}$
 DNE

e. $y = \cos^{-1} 2$
 $-\frac{\pi}{6}$

f. $y = \arcsin \frac{1}{2}$
 $\frac{\pi}{4}$

3. Arccos with a calculator. Answer in Degrees.

a. $\arccos(0.928)$
 68.13°

b. $\cos^{-1} -0.826$
 109.03°

c. $y = \cos^{-1} 0.811$
 48.01°

4. Arccos with a calculator. Answer in Radians.

a. $\cos^{-1} -1.287$
 2.46

b. $\arccos(2.546)$
 $.40$

c. $\cos^{-1} -0.054$
 $\tan^{-1}(-\frac{1}{16.129}) = -0.027$
 $+ 2\pi$
 $(= 3.11)$

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Christian G. Meyer

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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web aim for sets of 5 10 for maximum fat burning and heart pumping fat burning enders are almost like crossfit routines but with one huge change crossfitters use baby weight for high reps body of a spartan uses heavy weight if it ain t at least 135 it s just jive rules for body of a spartan routines squat at least 3 days per week

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web aug 10 2022 the first step in any body of a spartan workout routine is to warm up properly this means performing a combination of dynamic and static stretches dynamic stretches involve moving your body through a range of motion while static stretches involve holding a stretch for a period of time